

## DOCTORS TALK ABOUT SLEEP

No Way for a Man to Violate Natural Laws and Obtain Refreshing Repose.

One Physician Says the Only Cure for Insomnia is to Quit Using Tea, Coffee and Tobacco—Fishing an Excellent Remedy.

For those who desire a definition of sleep it is described as a period of repose in the animal system, in which there is a partial suspension of nervous and muscular activity, necessary for the reparation of the vital powers. No man in the last three hundred years has written or spoken upon the subject without interpolating the remark of William Shakespeare: "Sleep that knits up the raveled sleeve of care." Having disposed of this quotation, the reporter entered upon his task of interviewing a number of physicians upon the combined subjects of sleep and sleeplessness. Dr. W. N. Wishard, ex-superintendent of the City Hospital, was asked the best method of procuring sleep by natural means, the old-fashioned method of counting, in the mind's eye, a succession of sheep, jumping over a fence being barred. "For simple insomnia from over mental work," said the Doctor, "the first thing is to stop mental and do physical work, and rest the mind by tiring the body. Drugs should only be used when the condition of the patient is such as to demand sleep immediately. A full meal will frequently produce sleep in the wakeful. At the hospital, where men are sleepless from long continued stimulation by alcohol, they are put on draughts of hot milk or beef tea every hour and a half, until they go to sleep. That treatment is good for insomnia produced by over mental activity and anxiety. The business man's insomnia can, as a rule, only be relieved by lessening the amount of work he may be doing. There is no way by which a man can violate natural laws and obtain natural sleep. Life is much more rapid than it was twenty years ago, and it would be better if more of us took a Saturday half-holiday and observed the Sabbath as a day of rest. I believe if the community would take that prescription insomnia would be practically banished."

"I think the best way to get to sleep," said Dr. Theodore Porter, "is to go to bed, that is, make it a habit to go to bed whether you are sleepy or not. Sleep will come if a persistent and regular invitation is given. I have never failed to see any one who did not have an organic disease who could not, by sticking to it, in the way I have indicated, finally acquire the sleep habit. Sometimes it will take two or three weeks, but sleep will come. Its arrival may be assisted and hastened by judicious eating before retiring, or by drinking milk. I do not say drink it warm, but at a moderate temperature. This draws the blood to the digestive organs and away from the brain. A warm bath just before retiring is a good thing, as it impels the circulation toward the skin."

"It is not necessarily work that kills nor work that keeps men awake," said Dr. S. S. Ruppel. "We are built for work, physical and mental. Our forefathers worked and thought, and we are endowed with the like ability. There are good reasons why the race is tending toward neurasthenia, the disposition to nervousness, which has given rise to what has been characterized as 'the American disease.' The increased and increasing use of narcotics has more to do with this disturbance of the nervous equilibrium than all the work people do. It is a lamentable fact that the use of what are known as stimulants and narcotics is increasing in this country. This is especially true as regards tobacco, beer and various alcoholic preparations. With this use comes a per capita increase of wrecked nervous systems."

"What," inquired the reporter, "are the natural remedies for sleeplessness brought about by these violations of nature's laws?" "The natural remedies," said the Doctor, "are to cease to do evil and learn to do well. Give up these things altogether. We have only to go back to the time of Sir Walter Raleigh to note the advent of tea, coffee and tobacco among civilized people, and all three were introduced into England within a score of years. Since that time their use has been marvellously increased, and corresponding with the increase have come these pronounced disturbances in the nervous system of the people. The best thing to induce the system to return to normal conditions is to avoid the things that work mischief and pay better attention to feeding the body; live on those things that will make good blood and reinforce the system with nerve power."

"Sleeplessness," said Dr. John H. Oliver, superintendent of the City Hospital, "the majority of those who come under my care who are troubled with sleeplessness are those who have been indulging in the aromatized spirit of corn."

"What's that?" inquired the reporter dubiously.

"Whisky. Sleeplessness proper is not a disease of poor patients; it is an aristocratic disease, largely caused by mental perturbation. Our sleepless patients are filled up with beef tea and milk as hot as they can drink it, and this treatment is good for any one, rich or poor. Aside from the use of alcoholic drinks, people who work with their hands sleep well. It is mental workers and debilitated women who are troubled with sleeplessness. There are some persons who sit up all night and never get anything better than a small nap. They are troubled with sleeplessness, and if they do get sleep, do not get a restful kind, as they are apt to see flashes and four of a kind, and all that sort of thing in their uneasy slumber. There are many persons who do not sleep sound enough or long enough to rest the mental faculties, and awake unrefreshed. The amount of sleep required depends on the habits and the constitution of the sleeper. Some light sleepers and those who sleep few hours have been of the greatest mental activity. Relieve the strain on the mind and the condition of sleeplessness will disappear."

"What produces sleeplessness?" was the query propounded to Dr. John M. Kitchen.

"Worry, overwork and haste in eating," replied the Doctor, "are about the chief factors in producing it. I want to say that sedentary habits may be added. The remedies? Well, the chief remedies are nutritious food and good exercise, not drugs; and there must be a motive behind the exercise. A perfunctory walk of some many squares at a certain arranged time affords a very limited benefit. It is a good thing for a business or professional man to have a hobby outside the grind of his daily pursuit. Dr. P. G. C. Hunt, George Anderson and myself went up White river, the other day, to the vicinity of Strawberry. Neither of us had slept well for a week or more. After whipping the water for several miles we returned to this metropolis with thirty bass."

"Hold on, Doctor," implored the alarmed reporter, who saw his interview diverted from the subject that had been assigned him.

"Thirty bass," continued the Doctor, with an expression that showed he was not to be trifled with. "Yes, sir, and one of them, caught by Dr. Hunt, weighed three pounds on the scales, actual weight. He was in the middle of the river, with his wading trousers on, when the bass struck the fly. We all saw it was a wiper. He played that bass half an hour before he captured it. We came in tired and very hungry, had fish for supper and retired, all of us sleeping from 9 o'clock in the evening until after 6 next morning."

State Stenographers' Association.

The stenographers of the State have arranged to hold a convention on Aug. 27, 28 and 29, at Indianapolis, for the purpose of organizing an association of short-hand writers. An interesting programme has been prepared, and the movement promises to be a success, as already a larger membership than any other State association is assured. A cordial invitation is given to all to attend the meetings.

Contagious Diseases Increasing.

Thirty-three deaths and fifty-six births were reported to the City Board of Health the past week. Contagious diseases seem to be on the increase, there being eight cases of diphtheria, nine of scarlatina and one of measles now on record.

The Swindler in Jail.

Frank Leslie, the alleged jail-walker, who swindled hotels in this and other cities under the name of Clarence Howard, Howard Porter and Proctor Holmes, was given a preliminary hearing at Louisville, where he was recently arrested.

rested, yesterday. He was held in \$1,000 bonds to await Circuit Court trial for obtaining money under false pretenses. After conclusion of his trial the court asked him whether he desired to make a statement. He refused to acknowledge his connection with any of the Chicago dailies which he had claimed at the hotel, and informed the judge that, according to his way of looking at it, it was no crime in the case. The court thought differently, however, and sent Leslie to jail.

THE METHOD TO PURSUE.

Annexation of a Suburb Subject to the Decision of the People of the Town and City.

The Journal, some time ago, published an article on the mutual advantage the city and her suburbs would derive from the annexation of the latter. West Indianapolis has recently taken up the idea. The main argument urged by its inhabitants, about 3,000 in number, is that by annexation their rate of taxation would be lowered, and a number of queries are heard as to the process necessary to secure the desired end. The steps are purely legal in their character. The law provides that annexation may be secured only by a majority vote of the qualified voters in both the town and the city, for which elections are provided. The Council of the city, and the president and trustees of the town, must first agree upon the terms and conditions upon which annexation is desired, as well as upon the day for election. The agreement must be made public at least three weeks before the election. If a majority of the votes cast in both city and town are in favor of annexation, the town and city officers meet in the Council chamber, and, by resolution, declare that the two are united. These resolutions are passed upon, and filed in the recorder's office, which is the last legal step necessary to make the union valid.

A Great Use of Tea.

In a communication received at the customhouse yesterday, from J. M. Nelson, a local tea dealer, the average annual consumption of tea, per capita, is given. Out of a total of 385,000,000 pounds of tea used annually outside of the producing countries, the average rate of consumption per head is given as follows: United States, 1 1/2 pounds; Canada, 3/4; Great Britain, 4 1/2; France, 1 3/4; Holland, 1 1/4; Germany, 1 1/2; Bermuda, 2 1/2; Straits Settlements, 4; Newfoundland, 4 1/2; Australian colonies, 7 1/2; New Zealand, 7 1/2; Denmark, 8; Cape Colony, 1 and Norway, 1 1/2.

Action as to Insane Persons.

Emma Clark, twenty-three years of age, was adjudged insane yesterday. She is of suicidal disposition. Martha Harper, who was declared insane Thursday, was rejected at the hospital yesterday. Superintendent Wright claiming that the evidence in the case was not sufficient to warrant her confinement.

Shot at His Wife.

Emmitt Locke was arrested here yesterday as a fugitive from justice. He was wanted at Louisville for shooting at his wife.

COMMERCIAL TRAVELERS' excursion to Warsaw, Saturday, Aug. 24. The excursion of the season. Round-trip tickets, costing only \$2, include a steamboat ride, a ride on the switch-back railroad, visit to the Cyclo-ruma of the Battle of Lookout Mountain and other attractions. Full brass band accompanies the excursion. Tickets on sale at South Meridian-street houses and railway ticket offices.

\$6 to Milwaukee and Return.

For Grand Army encampment, via Panhandle Route. Tickets on sale Aug. 21 to 28. Call on George Rech, Ticket Agent Panhandle, corner Washington and Illinois streets, or J. R. Donough, Ticket Agent, Union Station.

It is a fact that we are making very low prices on "LANSKY" refrigerators to close out the few we have left. It will pay to see us if you want a refrigerator. We have the best. Natural gas stoves in the city. "Quick-Jet" (gasoline stoves). WM. H. BENNETT & SON, 38 South Meridian St.

## EXCLAMATORY!!!

500 dozen of the Greatest Bargain in Ladies, Pocket Handkerchiefs ever put on sale.

4 PAIRS FOR 25c.

Purchasers will positively be limited to one dozen.

JACKSON, PORTER & ALDERMAN

PICTURE MAKING.

We again call attention to Amateur Photography as a source of continuous, instructive amusement. Outfits in large variety and many at moderate prices in our Photographic Department. We sell no toys. Only guaranteed instruments.

H. LIEBER & CO.'S ART EMPORIUM, 33 South Meridian St.

NEW FALL DRESS GOODS.

THE LATEST, THE NOBBIEST, THE CHEAPEST LINE IN THE CITY

Black, Browns, Blues, Tans, Myrtle, Olive, Sapphire, Gobelin, Terra Cotta, Old Rose, Cardinal, Wine, Maroon, Gray Mixed, Brown Mixed, Black Mixed, etc., in Plaid, Checked, Striped, Brocade and Solid Colors. Prices 5, 8, 10, 12 1/2, 15, 20, 25, 35, 45, 50c and up. We call special attention to Henriettes and all wool Sackings in double width at 20c. Plushes at 45c. Fancy Velvets at 50c. Surahs at 50c. Wide Mohair Hercules Braids at 8c. Silk Clings at 25c.

White Donet Flannels at 5c. Fine Scarlet and Gray Flannels for early fall wear at 25c. Fine Plaid and Striped Royal Sacking Flannel at 35c. Cashmere for Men and Boys, all in same line. Towels in every size, plain white, bordered or plaid; prices from 3c up. Imported Turkey-red Napkins at 50c. Extra heavy Cottonades at 35c.

All Linen Loom Dice at 15c per yard. The best values at 25, 35, 40 and 50c in half-bleached and turkey-red Damask. See the 50c Bleached Damask, also our 25c grade in same line. Towels in every size, plain white, bordered or plaid; prices from 3c up. Imported Turkey-red Napkins at 50c per dozen. Large bordered Table Covers only \$1 each. Turkey-red Stand Covers at 35c. Turkish Stand Covers at 50c.

Just opened a new stock of Lace Curtains, all new patterns and handsome designs. A special drive at \$1.25 and \$2 per pair. Lace Shams at 15c each. Lace Lambrequins at 25c each. Lace Rides at 15c. New Scrims and Draperies at 8, 10, 12 1/2, 15, 20 and 25c. Bed Spreads at 45c. See our \$1 spread. Sateen Comforts, a special bargain, only 10c.

EMBROIDERED, FELT AND PLUSH GOODS.

We have, during the last few days, opened two large lines of the above goods and shall on Monday open another lot of the handsomest styles ever shown. See the Embroidered Table Scarves at 50c; Lambrequins at 35c per pair.

INFANTS' AND CHILDREN'S GOODS.

We expect to open on Monday our new line of Children's and Infants' Silk and Plush Caps, also a line of Fall Wraps.

DOMESTICS.

Do you need anything in the way of Calicoes, Ginghams, Shirtings, Muslins, Sheetings, Denims, Tickings? If so, give us a call.

WE SHALL

Continue to offer all our Summer Goods at greatly reduced prices until sold.

Wash Dress Goods at 2 1/2c. Wash Dress Goods at 5c. The above are goods that have been selling from 4c to 12 1/2c. A few French Sateens left; will close at 10c per yard.

OTHER BARGAINS.

Lace Caps at half price.

Ladies' Kid Gloves at 1/2c.

Ladies' Jersey Ribbed Vests at 7c.

Ladies' Gown Vests at 12 1/2c.

Ladies' Balbriggan Vests at 25c.

Ladies' Corset Covers at 12 1/2c.

Fourteen styles in Corsets at reduced prices.

Eccu Corsets at 30c. Ball's Corsets at 50c.

Other styles in corsets at reduced prices to 50c.

Other styles in corsets at reduced prices to 50c.

Flannelette Shirts at 25c.

Gents' Flannelette Shirts at 40c.

Gents' Plaided Flannelette Shirts at 50c.

Gents' Unplaided Shirts at 50c.

Just opened a full line of sizes in our 50c quality; the best ever sold at this price.

## The New York Store

(ESTABLISHED 1853.)

Monday morning the carpenters will begin altering the fixtures in fourteen of our departments to get them ready for the contemplated changes in stock. This will cause a great deal of noise and confusion and must necessarily make it somewhat inconvenient for customers. We will, however, try and make it as comfortable as possible, and by low prices compensate you for any trouble we may be obliged to cause you.

## Fourteen Departments to be Changed.

Shawl and Cloak Department.

These have all been marked down, but we shall give you additional discount of

1-10 Off the Price.

Boot and Shoe Department.

This is a difficult department to move and we want to close out all we can, hence we give you

1-10 Off the Price.

Laces, Embroideries, Handkerchiefs, etc.

We place our entire line of the above goods at

1-10 Off the Price.

Bleached and Brown Muslin and Domestic.

Here is where customers buy goods at less than cost when we give you

1-10 Off the Price.

LINENS AND WHITE GOODS.

Every good housekeeper ought to buy Table Linens, Towels, Napkins now while we give you

1-10 Off the Price.

CORSETS.

This department comes in for a change and you can buy any Corset in our stock now at

1-10 Off the Price.

PRICES ALWAYS IN PLAIN FIGURES.

## PETTIS, BASSETT &amp; CO

W. T. WILEY & CO

48 and 50 North Illinois Street.

Grand Fall Opening of New Dress Goods and Silks This Week

Strangers visiting the city this week are especially invited to inspect our goods and prices.

New Henriettes, Broadcloths, Serges, Mohairs, Plaids, Stripes and Cashmeres, on sale at extremely low prices.

36-inch Wool Cloth, only 25c per yard; worth 40c.

40-inch all-wool Henrietta Cloth, in all the new shades, only 30c a yd; worth 60c.

Black Cashmeres, all wool, from 30c a yard up. See them.

Great bargains in Velvets, Silks and Plushes. See our prices.

On sale Wednesday, our new Fall Wraps, Jackets, Newmarkets and Plush Sacques.

We have exclusive sale of the A. E. Burkhardt Seal Plush Sacques. Every garment guaranteed to wear. See our prices.

50 dozen Ladies' Fancy Hose, only 13c a pair; worth 20c.

40 dozen Ladies' Kid Gloves, good quality, only 60c per pair; worth \$1.

50 dozen Jersey Ribbed Vests only 10c; worth 25c.

50 dozen Gents' Plaided Front Shirts at 50c; worth 85c.

Parasols and Fans at half-price to close.

Black Lace Flouncings at 75 and 98c per yard; worth \$1.50 and \$1.75.

Great bargains in Table Linens, Towels and Napkins. See our prices.

100 large size Bed Spreads, only 95c; worth \$1.50.

Economical buyers should visit our store this week for bargains.

W. T. WILEY & CO

48 & 50 North Illinois Street.

More and finer Cream from the same amount of material can be made with the WHITE MOUNTAIN FREEZER than any other.

LILLY & STALNAKER, AGTS., 64 EAST WASHINGTON ST.

NATURAL GAS SUPPLIES

Tubing, Casting, Pipe, Corrugated, Big Irons, Drilling Tools, Brass Goods, Malleable, Galvanized and Cast-iron Fittings. Complete line of House-Fittings for Natural Gas.

GEORGE A. RICHARDS.

TELEPHONE 384. 77 South Illinois St., Indianapolis, Ind.

WOOLENS, ETC.

White Donet Flannels at 5c. Fine Scarlet and Gray Flannels for early fall wear at 25c. Fine Plaid and Striped Royal Sacking Flannel at 35c. Cashmere for Men and Boys, all in same line. Towels in every size, plain white, bordered or plaid; prices from 3c up. Imported Turkey-red Napkins at 50c. Extra heavy Cottonades at 35c.

LINENS.

All Linen Loom Dice at 15c per yard. The best values at 25, 35, 40 and 50c in half-bleached and turkey-red Damask. See the 50c Bleached Damask, also our 25c grade in same line. Towels in every size, plain white, bordered or plaid; prices from 3c up. Imported Turkey-red Napkins at 50c per dozen. Large bordered Table Covers only \$1 each. Turkey-red Stand Covers at 35c. Turkish Stand Covers at 50c.

LACE CURTAINS.

Just opened a new stock of Lace Curtains, all new patterns and handsome designs. A special drive at \$1.25 and \$2 per pair. Lace Shams at 15c each. Lace Lambrequins at 25c each. Lace Rides at 15c. New Scrims and Draperies at 8, 10, 12 1/2, 15, 20 and 25c. Bed Spreads at 45c. See our \$1 spread. Sateen Comforts, a special bargain, only 10c.

EMBROIDERED, FELT AND PLUSH GOODS.

We have, during the last few days, opened two large lines of the above goods and shall on Monday open another lot of the handsomest styles ever shown. See the Embroidered Table Scarves at 50c; Lambrequins at 35c per pair.

INFANTS' AND CHILDREN'S GOODS.

We expect to open on Monday our new line of Children's and Infants' Silk and Plush Caps, also a line of Fall Wraps.

DOMESTICS.

Do you need anything in the way of Calicoes, Ginghams, Shirtings, Muslins, Sheetings, Denims, Tickings? If so, give us a call.

WE SHALL

Continue to offer all our Summer Goods at greatly reduced prices until sold.

Wash Dress Goods at 2 1/2c. Wash Dress Goods at 5c. The above are goods that have been selling from 4c to 12 1/2c. A few French Sateens left; will close at 10c per yard.

OTHER BARGAINS.

Lace Caps at half price.

Ladies' Kid Gloves at 1/2c.

Ladies' Jersey Ribbed Vests at 7c.

Ladies' Gown Vests at 12 1/2c.

Ladies' Balbriggan Vests at 25c.

Ladies' Corset Covers at 12 1/2c.

Fourteen styles in Corsets at reduced prices.

Eccu Corsets at 30c. Ball's Corsets at 50c.

Other styles in corsets at reduced prices to 50c.

Other styles in corsets at reduced prices to 50c.

Flannelette Shirts at 25c.

Gents' Flannelette Shirts at 40c.

Gents' Plaided Flannelette Shirts at 50c.

Gents' Unplaided Shirts at 50c.

Just opened a full line of sizes in our 50c quality; the best ever sold at this price.

A. B. MEYER & CO.,

HANDLERS CHOICE GRADES

Anthracite Coal

AND VARIOUS KINDS

SOFT COAL AND COKE

17 N. Pennsylvania St.

Note to Dealers—Send for prices by car. To consumers in city—order a ton.

LOANS AT 6 PER CENT

MONEY PROMPTLY FURNISHED ON approved Indianapolis real estate, in sums of \$1,000 and upwards. Apply to

C. S. WARBURTON,

28 Vance Block.

SEALSKIN

—AND—

FUR GOODS

—AT—

RYAN, THE HATTER'S,

ASSIGNEE SALE,

21 & 23 South Illinois St.

FURNISHING GOODS LESS THAN HALF VALUE.

FUNERAL DIRECTOR

TELEPHONE 564. KREGLO

125 North Delaware Street.

LUMBER, LATH, SHINGLES, SASH, DOORS, ETC.

A full line of all kinds of Building Material. Buy where you can get everything at lowest prices Yard and Mill both sides Georgia street, west of Tennessee.

H. COBURN.

6 PER CENT. MONEY

We are prepared to make loans on Indianapolis real estate in sums of \$1,000, or more, at 6 per cent., the borrower having the privilege to pre-pay all or part of the same on any semi-annual interest day.

JOHN S. SPANN & CO.,

86 East Market Street.